

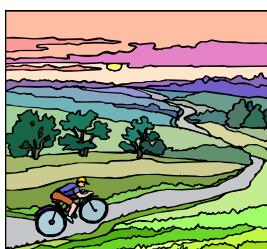
# LOS PIES



¡ESTAN HECHOS PARA CAMINAR!  
¡USE LAS ESCALERAS!



DE EL PRIMER PASO  
POR EL  
CAMINO DE LA SALUD



Organizaciones participantes de la Coalición “Camino de la Salud”:

Bradley Hospital, Butler Hospital, Care New England Wellness Centers, Eleanor Slater Hospital, Kent Hospital, Landmark Medical Center, Memorial Hospital of RI, Newport Hospital, Our Lady of Fatima Hospital, Rehabilitation Hospital of RI, RI Department of Health, Rhode Island Hospital, Roger Williams Medical Center, St. Joseph Hospital for Specialty Care, South County Hospital, The Miriam Hospital, Westerly Hospital, Women and Infants Hospital of RI

# ¡CAMEINE UNA MILLA

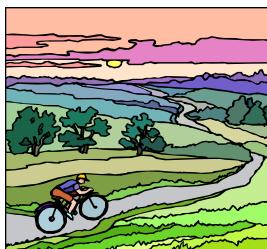


## CON SUS ZAPATOS!

### Comience Usando las Escaleras



DE EL PRIMER  
PASO POR EL  
**CAMINO DE LA SALUD**



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# ¿ESTA TENSO?

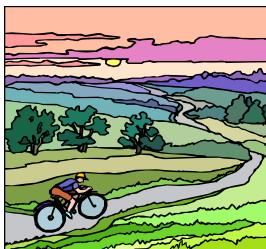


¡QUITESE UN POCO DE TENSION!...

**USE LAS ESCALERAS!**



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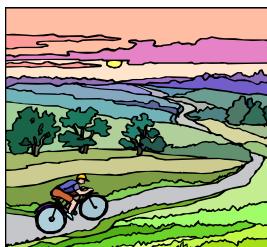
Bradley Hospital, Butler Hospital, Care New England Wellness Centers, Eleanor Slater Hospital, Kent Hospital, Landmark Medical Center, Memorial Hospital of RI, Newport Hospital, Our Lady of Fatima Hospital, Rehabilitation Hospital of RI, RI Department of Health, Rhode Island Hospital, Roger Williams Medical Center, St. Joseph Hospital for Specialty Care, South County Hospital, The Miriam Hospital, Westerly Hospital, Women and Infants Hospital of RI



ISEA UN HAZ  
USE LAS ESCALERAS!



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# IUD. DEBE TENER ALGO

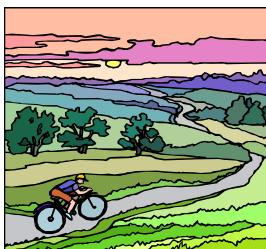


## MEJOR QUE HACER!

## USE LAS ESCALERAS!



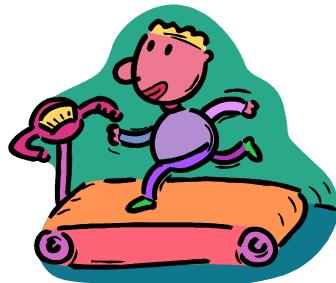
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**¡GRATIS!  
¡MAQUINA DE  
EJERCICIOS!**



**¡NO!  
¡NO, ESE TIPO DE MAQUINA!  
¡USE LAS ESCALERAS!**



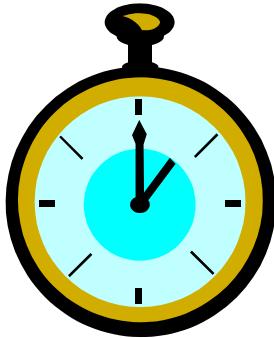
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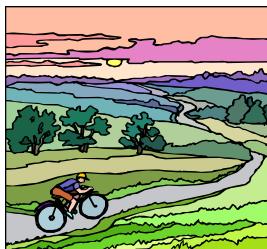
# ¿TIENE UN MINUTO?



## ¡USE LAS ESCALERAS!



## DE EL PRIMER PASO POR EL CAMINO DE LA SALUD



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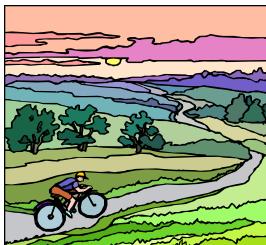
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# **GRATIS MAQUINA DE EJERCICIOS**

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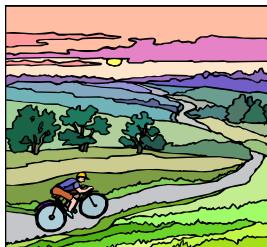
# ¡NO ESPERE!



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# ¿QUIERE ESTAR EN FORMA?

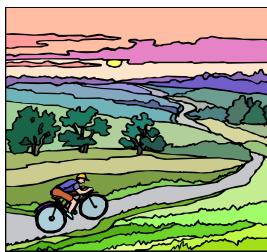
¿TODO LO QUE HACE ES ESTAR SENTADO?



## ¡USE LAS ESCALERAS!



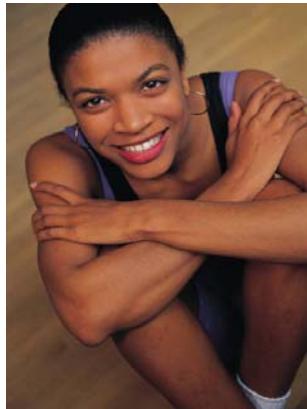
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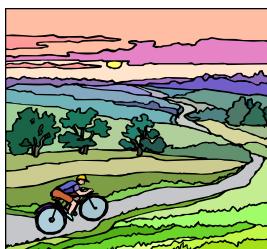
# SOLO GANA... NADA PIERDE



## ¡TODO COMIENZA USANDO LAS ESCALERAS!



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# Use las Escaleras

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